The triple world, triple realm model of life - a chaotic system for understanding psychology

Roslyn Snyder - Psychologist

You cannot see anything that you do not first contemplate as a reality. (Ramtha) What is now proved was once only imagin'd (William Blake)

Introduction: A complete integrated framework for psychology utilizing chaos - a preliminary outline.

PhD candidate Murdoch University Murdoch Western Australia.

This preliminary outline is the culmination of 25 years inductive research, attempting to find universal principle/s from observation rather than deductive, based on inference from accepted principles. The concepts and components in this model are fundamental in well established and documented areas of study/life, most can be found in introductory texts or basic understandings. Some of the connections between some of the components are also not new. However, this is an attempt to connect many parts to lead to greater understanding of life, hence the human experience. As psychology is about the human experience this research needs to be based within psychology. My focus has been applying this model to clinical/community areas of psychology. Human experience is real life and hence four dimensional, chaos is, at present, the only scientific method for understanding a four dimensional reality.

Questions/observations that guided my research

Is there a unifying complete and integrated model that explains life? Could chaos be applied to the human mind? How do you explain the divide between research based psychology and applied psychology? Why is there a movement towards so called Eastern philosophies? What is missing in the Western cultures? How does mental illness develop and can it be prevented? Is there a path back from severe mental illness? What role, if any, does medication play in mental illness? What is the mechanism to explain 'flashbacks' in severe trauma? How does dissociation occur? How does autism develop and why is the rate of autism increasing?

Is there a continuum from severe mental illness through to a fully developed mind? If so could we train people to fully develop their mind? Even people with severe mental illness?

How is life connected? How can psychology play a greater role in life? Do humans affect the environment? If so how?

Difficulties and limitations:

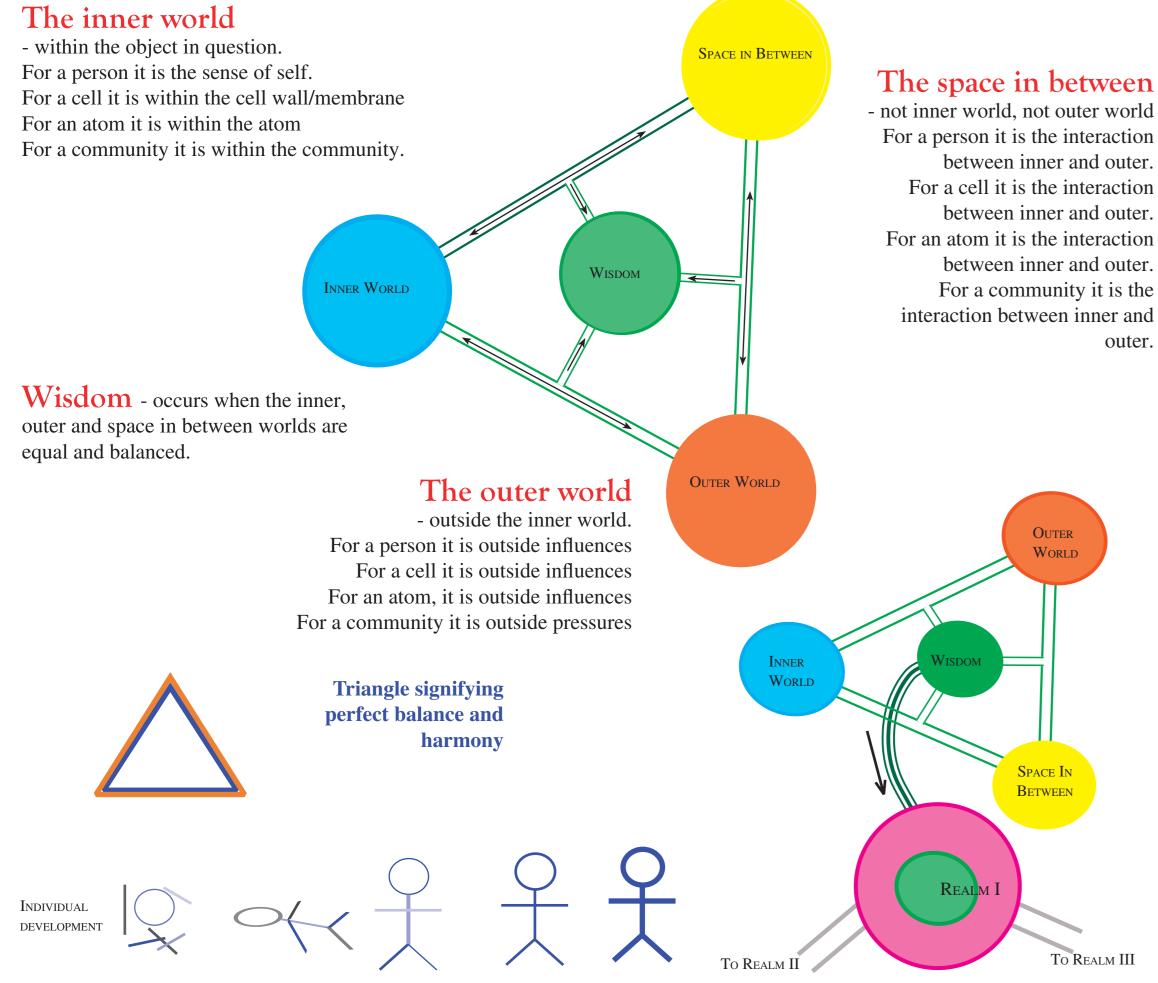
Explaining a four dimensional model in a two dimesional format. Like having the ground floor plan to a multi-storey apartment complex and expecting to know how each floor functions when living there Explaining a chaotic process in a linear format with a beginning and end.

Brief description:

Three worlds in each realm. Three realms in Yes! Each world is *relative* to the other worlds. The inner world in Realm I is the primary, everything else is relative to this world. Each realm has a different way of understanding.

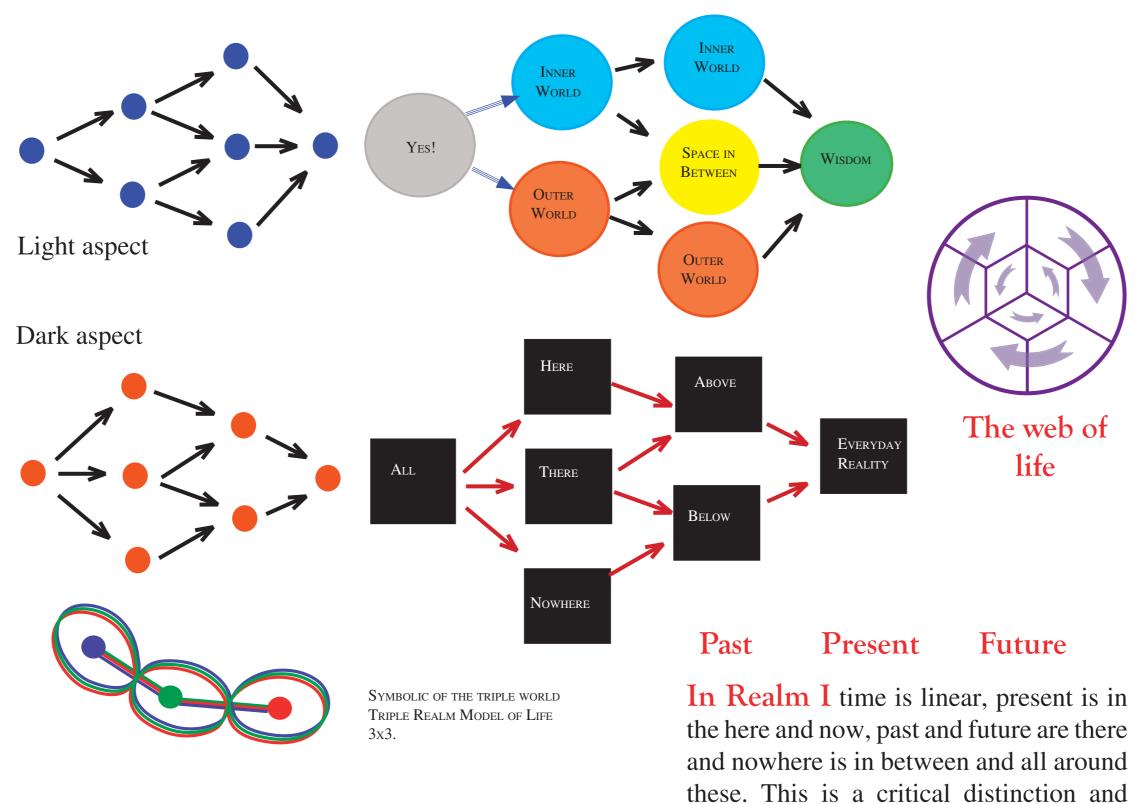
Realm I. Everyday reality. Realm I describes the form, structure and links between each of the worlds and each of the realms. The worlds and realms are relative to the inner world. The goal of Realm I is balance and harmony.





Realm III The Patterns of life – gives us the movement, the rhythm and flow of life. Realm III has no form or structure. Each realm has it's unique pattern of life. The goal of realm III is to go with the flow.

The pattern of life for Realm III is one becomes two, two becomes three and three becomes one AND one becomes three, three becomes two and two become one (this is the duality that comes from realm II). The directional aspect comes from realm I. This is the pattern of the entire model, hence the pattern for life. Each realm has it's own unique pattern simultaneously having the patterns from the other two realms plus yes occurring. This is where the complexity comes from the simple.



The patterns of life in realm I, realm II and Yes!

Realm I. Unidirectional e.g.. Birth to death, sunrise sunset, beginning - end, start-finish before - after. For people - moving forward to the centre of your life.

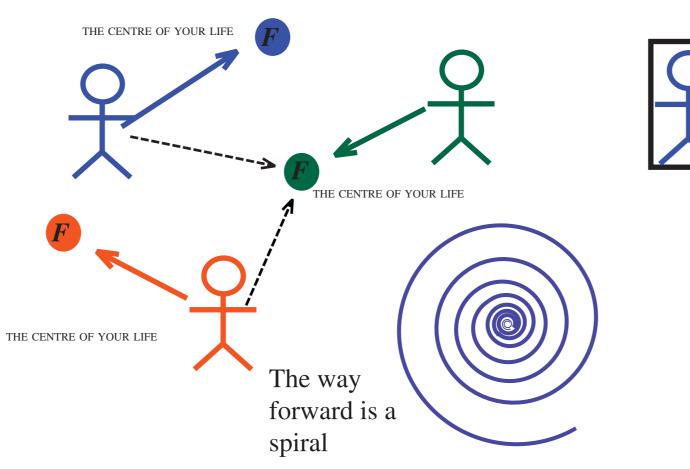
Yes! Pulse on/off - the binary 1 or 0.

The other path is either

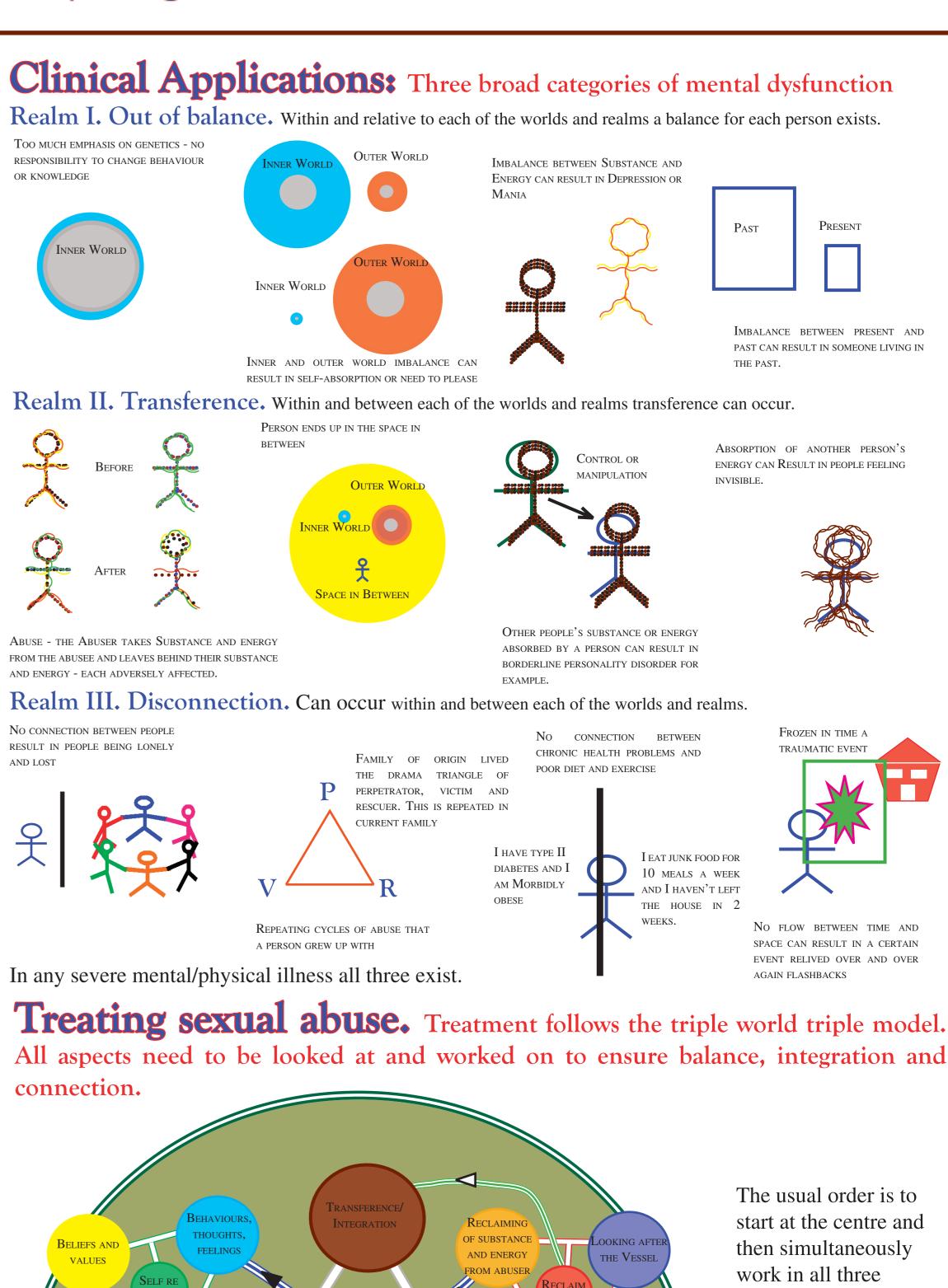
Anti clockwise or clockwise.

important in understanding severe mental

illness.

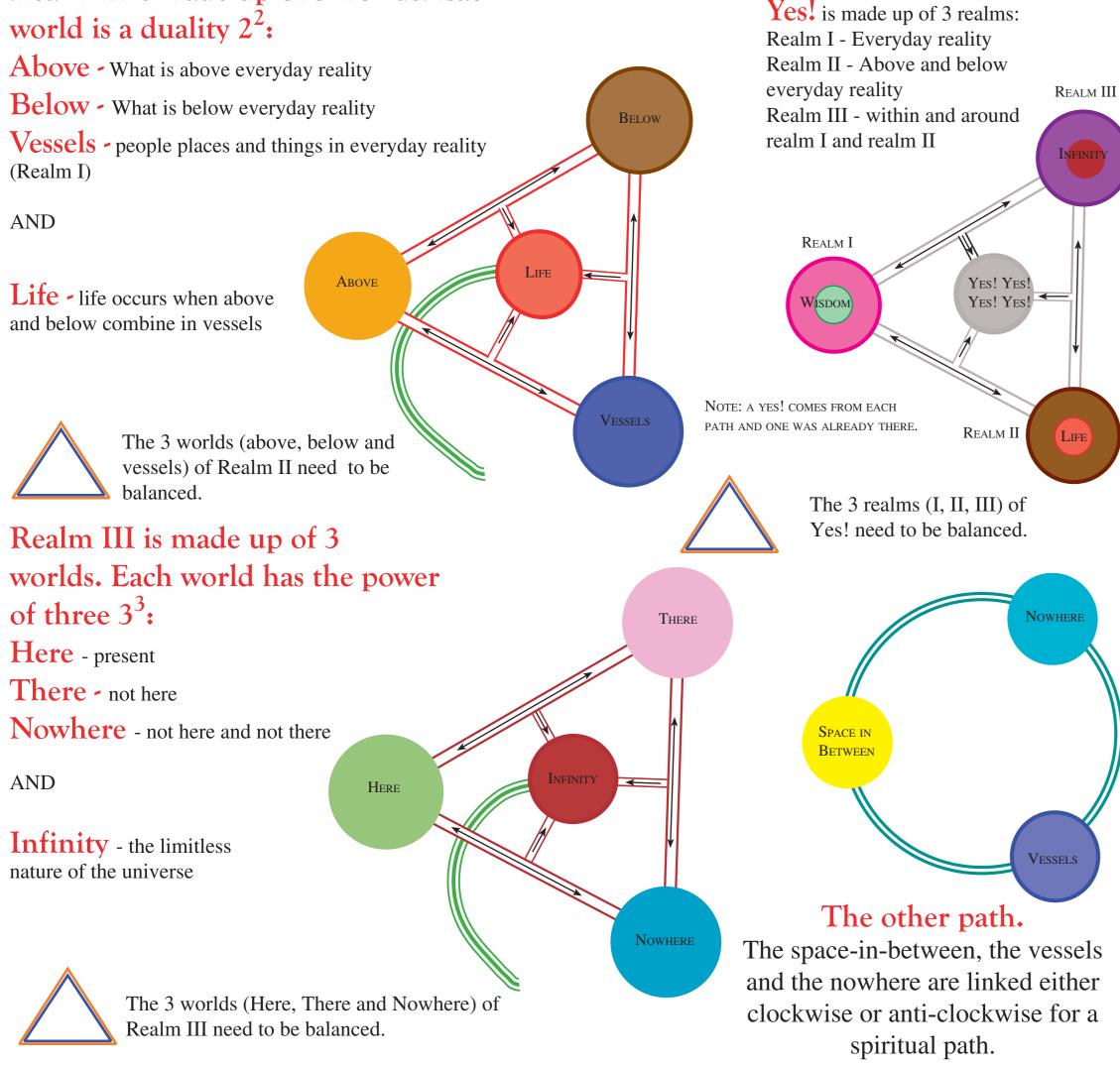


Realm II. Duality. Creation - destruction, light - dark,

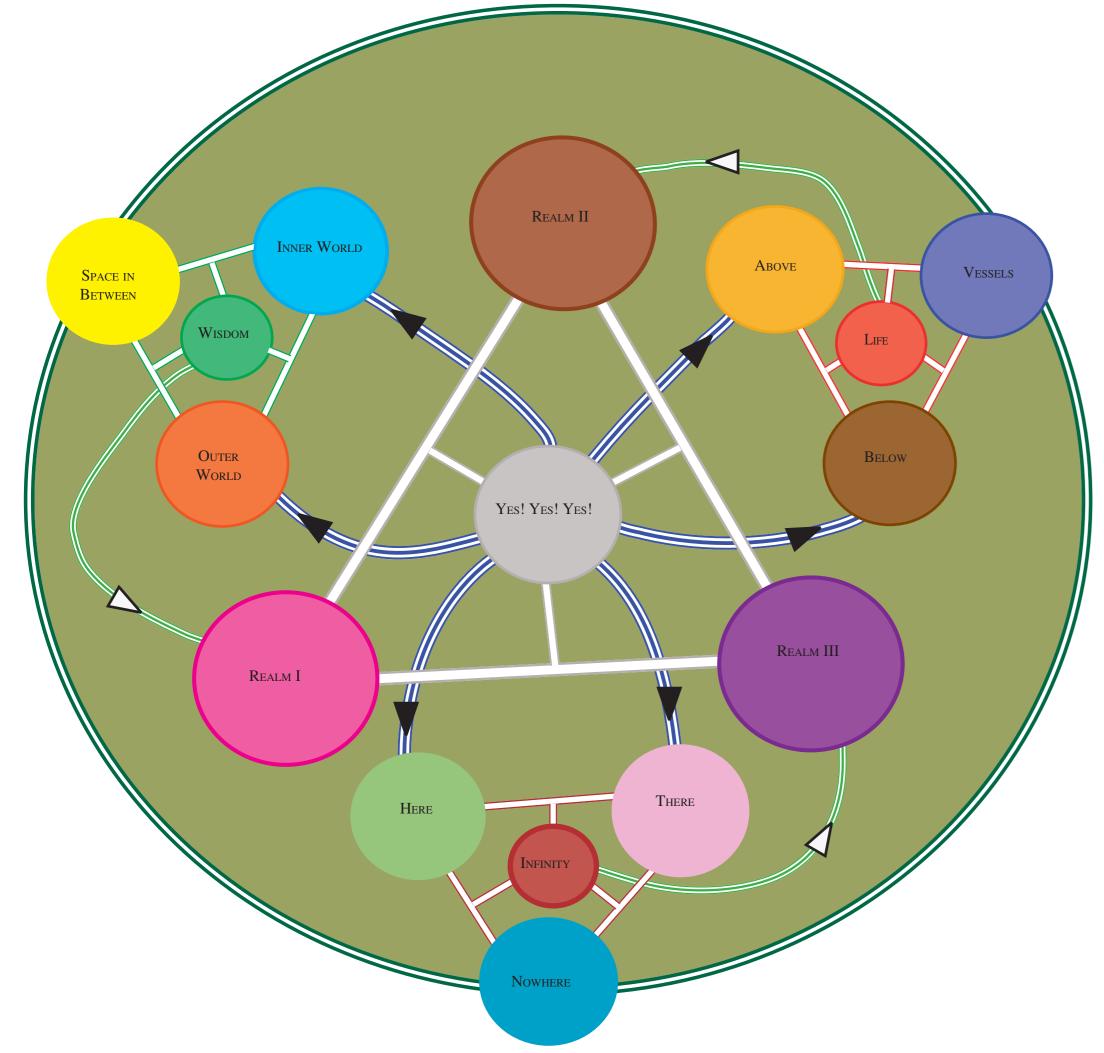


start at the centre and realms. The re-framing, re-claiming and re-connecting needs to be undertaken.

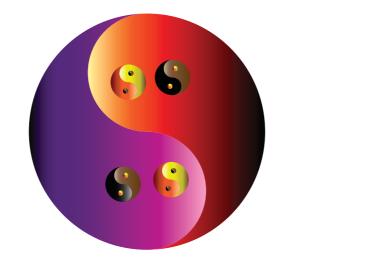
Realm I view (form structure and linkages) of Realm II, III and Yes! Note the similarities. Realm II is made up of 3 worlds. Each



The Triple World Triple Realm Model of Life - Realm I understanding, form, structure and linkages.



good - bad, life - death, up and down, left and right. This flows from one into the other and cannot be stopped.



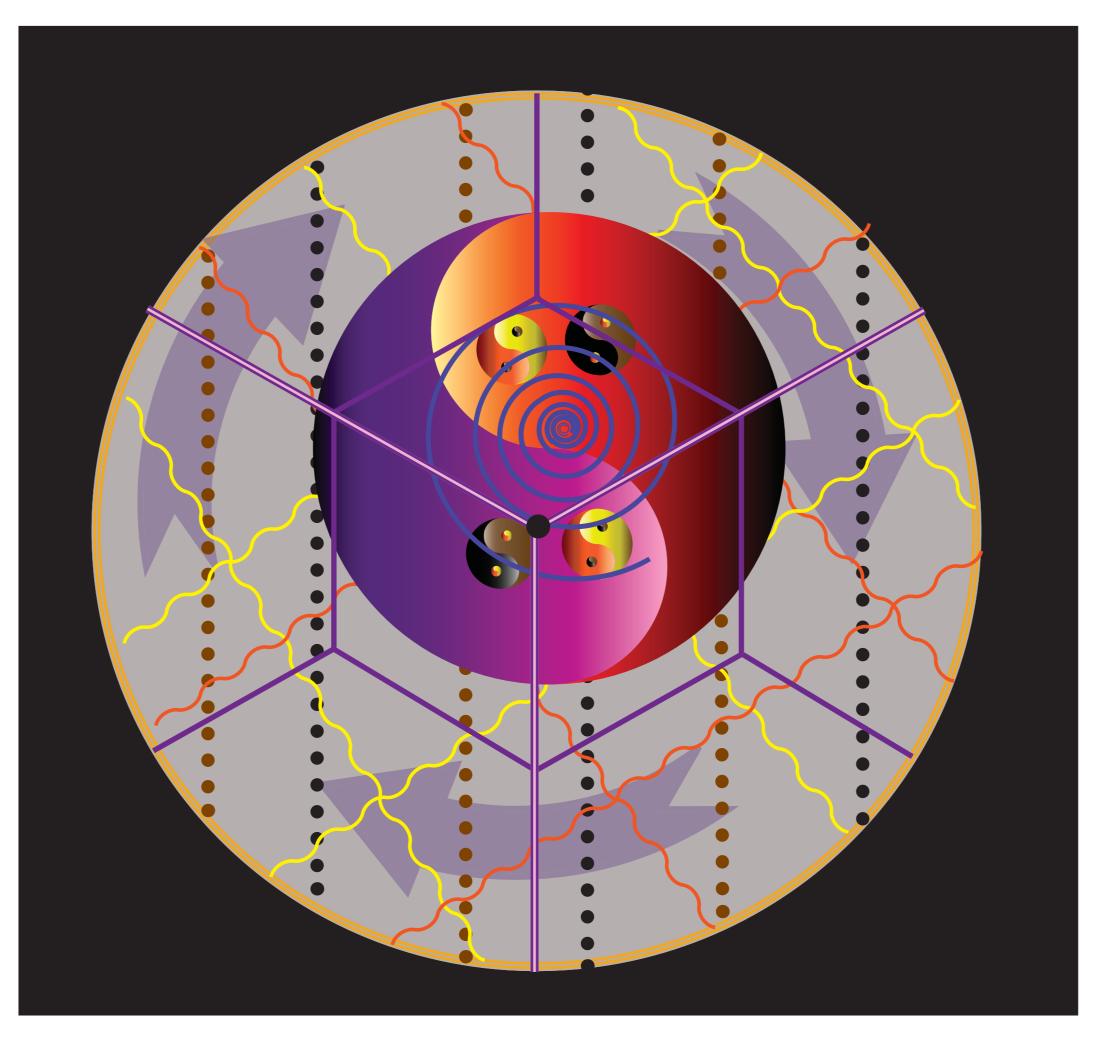
THROWN OUT AND THE OPPOSITE NEEDS TO BE CREATED

on the light, the creation of darkness results separate and hidden This can occur within an individual (e.g., psychopath who is a 'pillar of society' (S)and 'a monster'. A family, one child a high achiever, the other a drug addict. And countries...

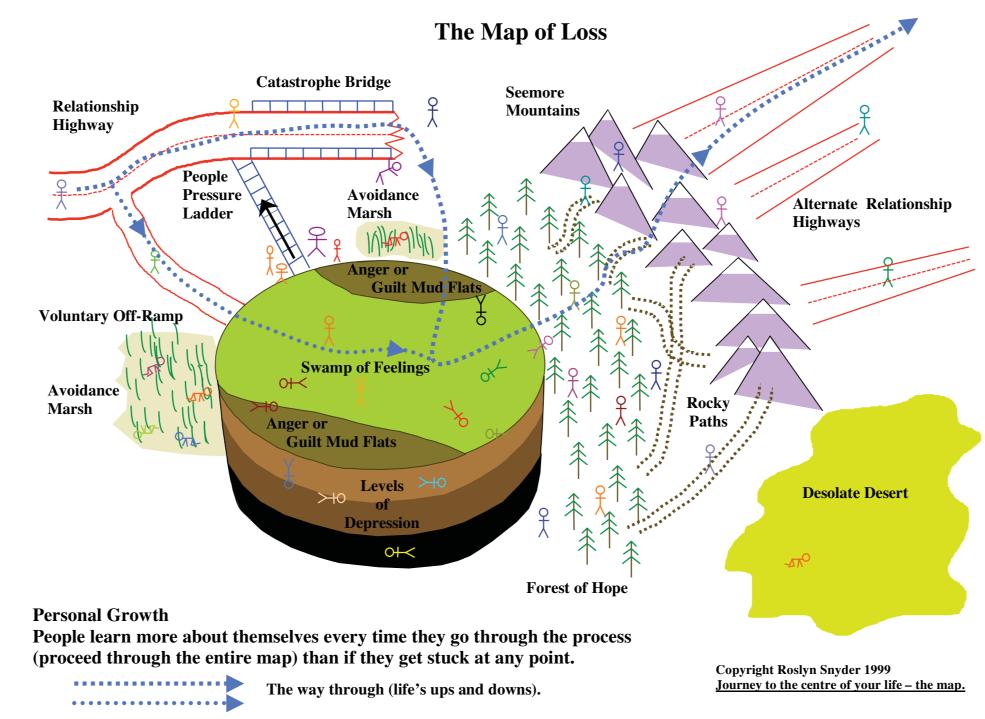
What happens when we focus only

Within realm II there are other laws in relation to the opposing forces, that are similar to WHENEVER ONE FORCE BECOMES DOMINANT THE ENTIRE SYSTEM IS electromagnetic forces.

Realm III The triple world triple realm model of life - The web of life. Everything is moving and nothing stays the same.



The Map of Loss, a practical way for people to access the Triple World Triple Realm



EDUCATE FOR FUTURE CYCLES

THERAPEUTIC Relationship

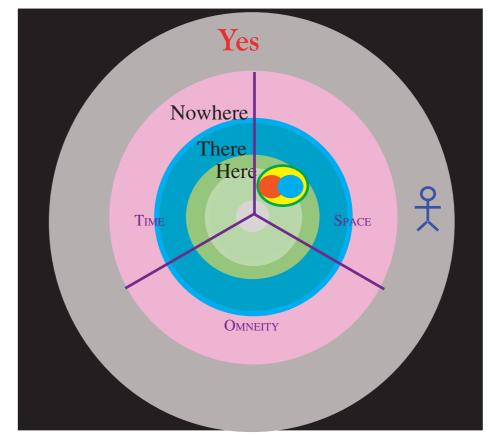
Why many people who are sexually abused are abused more than once? Because the substance and energy of the abuser is not removed, thus leading to a 'stain' or 'neon' sign advertising that they have been abused. Secondly, they have not reclaimed their substance and energy. This can be done symbolically within realm III, however, this needs to be connected to the Self, otherwise it is not effective.

SUBSTANC

YCLES IN LIFE

Why perpetrators of sexual abuse cannot seem to stop even when they want. For the same reason abuse often occurs more than once, the substance and energy of the abusee is with them and they have not reclaimed their substance and energy back.

Theoretical applications of recovery pathways for: Schizophrenia with Delusions of Grandeur:

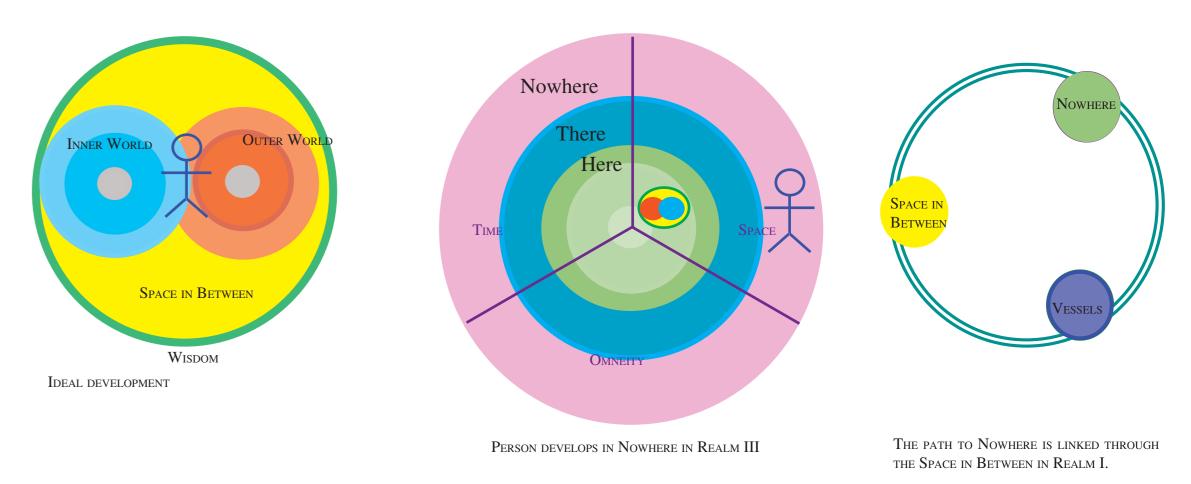


 Δ

BALANCE ANI

Simply the person 'escapes' from the everyday reality and gets trapped in the Yes! The pathway back is long and difficult. This can occur during altered states of consciousness e.g., drug use, or spontaneous opening of the doorways that open during mind development. If the person has not developed a strong sense of self, sometimes due to a focus on the outer world (which consumer societies encourage) or too much introspection that they disappear within.

Autism: simply the person develops in nowhere rather than balanced and connected to their inner world and outer world. The pathway for autism would be back to the space in between then into their inner/outer world. It is likely that this could be developmental or situational, an event occurs that the child cannot deal with. Theoretical pathways back to everyday reality exist. Finding the appropriate pathway for each person is the challenge.



Mind Development

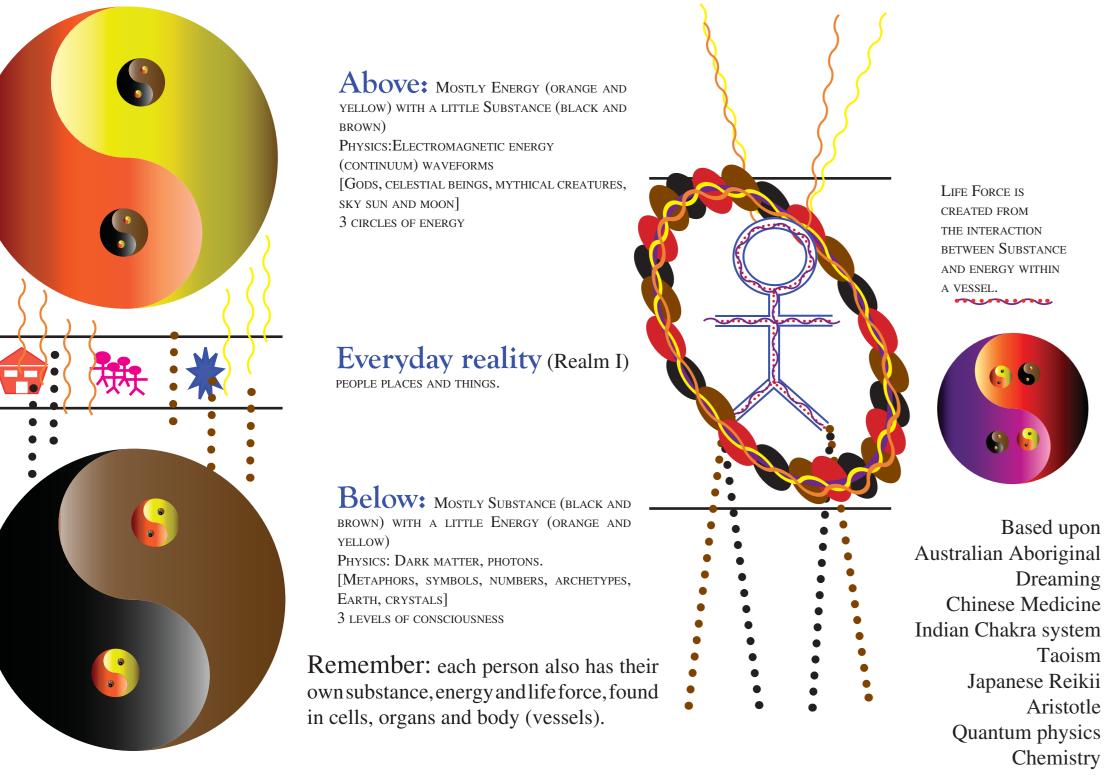
Suggested order of development. Alternate pathways are possible, but can lead to mental/emotional instability. Spontaneous development leads to instability/dysfunction. Numbers that are repeated need to occur simultaneously. Each square is like a doorway, once it is open you cannot not know it.

		Realm I			Realm II			Realm III			Yes!
		Awareness	Practice	Knowing	Absorbing	Energizing	Channelling	Being	Doing	Non -being	All
Realm I	Inner world	1	2	6	9	11	15	26	33	40	
	Outer world	2	3	7	10	12	16	27	34	41	
	In between	4	5	8	13	14	17	28	35	42	
Realm II	Substance	9	11	15	18	19	23	29	36	43	63
	Energy Vessel	10	12	16	19	20	24	30	37	44	
	Vessel	13	14	17	21	22	25	31	38	45	
Realm III	Here	26	27	28	29	30	31	32	39	46	
	There Nowhere	46	47	48	49	50	51	52	60	61	
	Nowhere	53	54	55	56	57	58	59	61	62	
Yes	Nothing	64 0									

Realm II The hidden aspects of life – above and below everyday

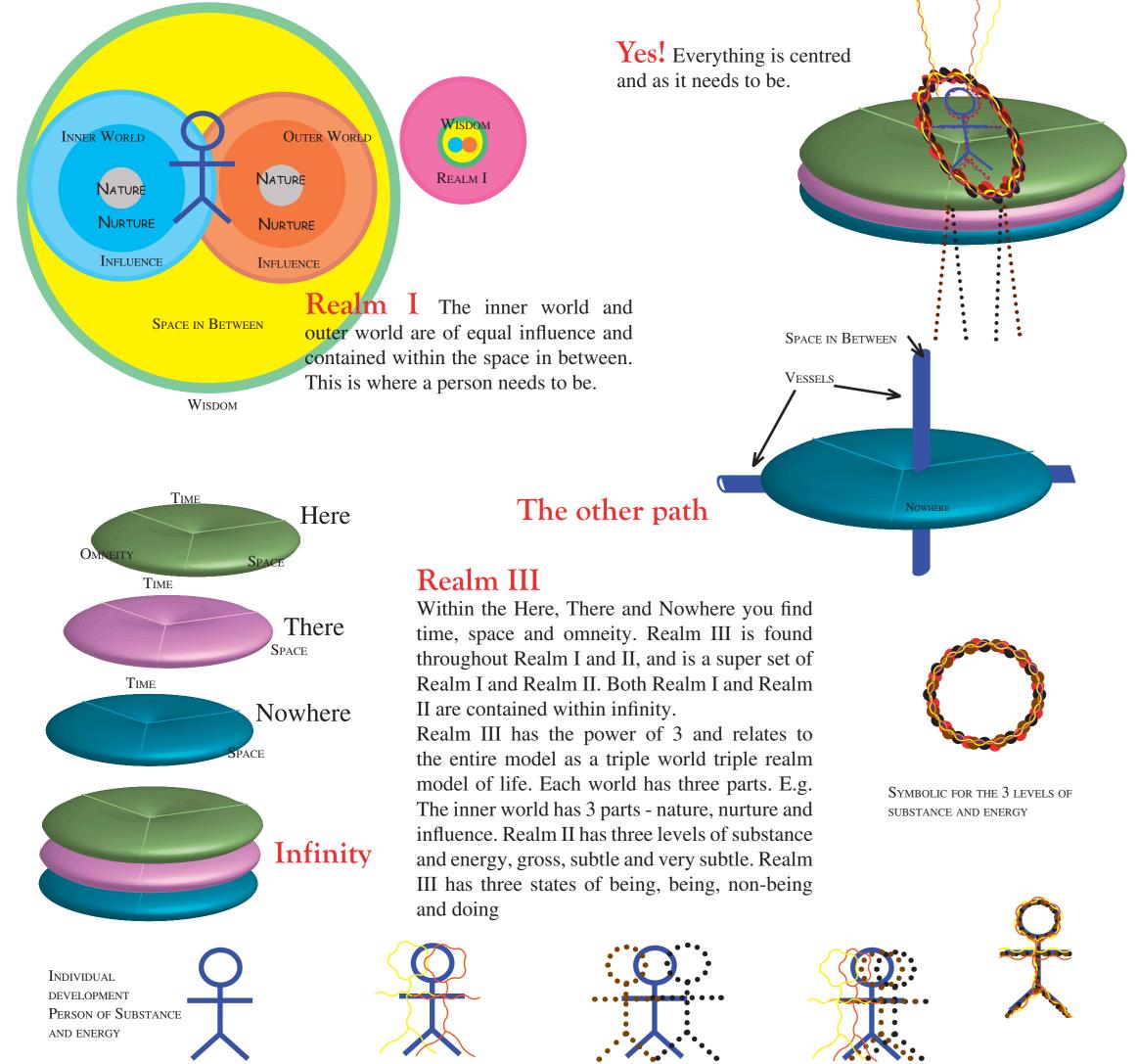
reality. Realm II gives us the substance and energy to live and light and dark 2^2 . The goal of Realm II is to integrate and put everything in its relative place. This realm is difficult to understand without experiencing it. My research has been in two main areas, both have been practiced for over 10,000 years. Eastern Energy Systems and Australian Aboriginal Dreaming. Realm II is made up of Substance (form with no

structure) and Energy (structure with no form), both found above and below everyday reality. In physics it is the difference between photons and waveforms. Photons are examples of substance and waveforms are examples of energy.



Please Note: The Australian Aboriginal Dreaming comes from the Land. I have lived on the land, experiences and occurrences have happened and I have sought clarification DNFIRMATION FROM ABORIGINAL ELDERS. I DO NOT PROFESS TO KNOW ALL OF THIS, JUST THAT IT IS CRITICALLY IMPORTANT AND WE (MOST CULTURES) HAVE FORGOTTEN. ANY BOOK I HAVE READ ON THIS DOES NOT CAPTURE WHAT THIS IS, ONLY IN ABORIGINAL ART, DANCE ETC. CAN YOU BEGIN TO GET THIS. THIS MAY BE DIFFERENT IN EVERY PART OF THE WORLD.





Every time you find your way through you become a bit more aligned to life. If you don't know how to get through you can end up 'stuck' within the depths of the swamp of feelings, the anger/guilt mudflats or avoidance marshes, some will also become lost in the desolate desert.

SNYDER, R (1999) JOURNEY TO THE CENTRE OF YOUR LIFE - THE MAP, WISDOM IN YOUR LIFE, FALCON WESTERN AUSTRALIA

Chaos and the relationship to the patterns of life.

History:

Ever since Einstein (and probably before, he described this), physicists have described the world we live in as four dimensional. O dimension - a single point in time and space. 1 dimension - a single line in time and space.

2 dimension a plane in time and space.

3 dimension a plane or line anchored at a zero point

4 dimension - the connections between all points lines and planes in all times and spaces. The complexity of this is described as chaotic and for a long time it was believed that a chaotic system was so complex we could not describe it or make sense of it.

But, in 1959, Lorenz a mathematician, showed that there is a pattern to chaos when he used non-linear equations to describe the state of the atmosphere at any given time. However, this required the use of *imaginary numbers* and *complex numbers* (neither found on a number line). Real numbers are linear (or one dimensional) they are found on a number line and go from negative infinity through 0 to positive infinity. *Imaginary numbers* exist *not* on the number line, e.g.. The square root of (-1). If your remember from high school maths, the square root of 1 can be 1 or (-1), [1x1 = 1], [-1x - 1 = 1]. Therefore the square root of (-1) cannot be 1 or (-1), but needs to exist, so mathematicians have called them *imaginary*. A complex number is a product of an *imaginary number* and a real number. Both of these exist in the outer world of a number line.

Then in 1975, Mandelbrot, generated what is commonly known as the Mandelbrot fractals. Many other fractals have been generated which allow the description of natural phenomena such as snowflakes, coastlines etc. This has moved into many other science areas including the human body. There are two key points for the fractal to form a whole:

- 1. They never repeat themselves exactly in time and space.
- 2. They need to be anchored at a zero point.

When a fractal broke either of these two rules they fragment. In most of the examples, mathematicians have generated these formula. Interestingly, Australian Aboriginals have utilized *songlines* which are likely to be fractals of the Australian continent. People knew lines to a song and from that part related to their land, they were able to find water anywhere in Australia, hence could travel safely across the continent without the use of a map.

This model:

Taoism

The triple world, triple realm model of life is a chaotic system that describes life. I see the entire model as clearly as most people see a table or chair. However, to provide empirical research to support this will be difficult because of the limited nature of statistics. In psychology our research paradigms assign numbers to any construct a particular time and space. For example:

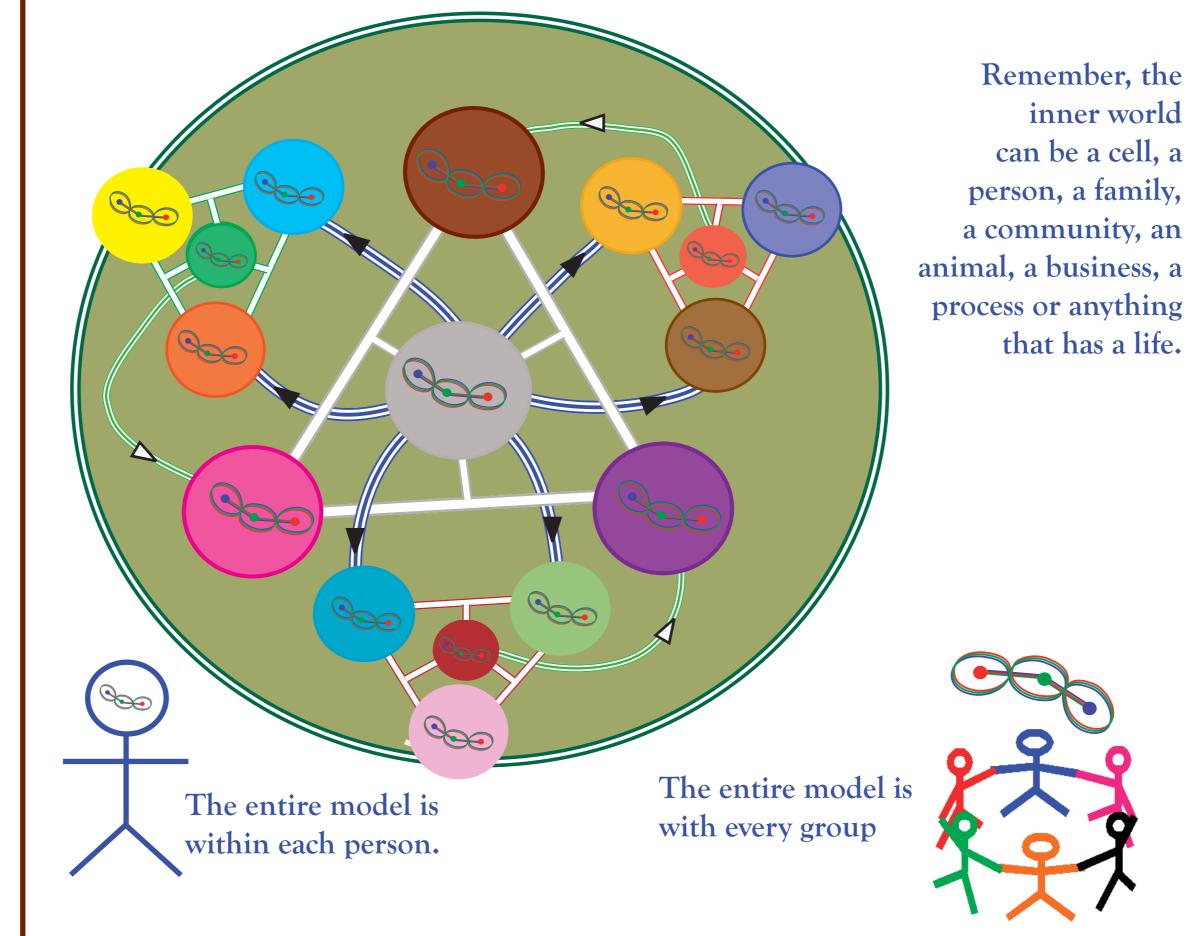
A case study would be 0 dimension research - one single point in time and space

Research that uses qualitative data (nominal or ordinal) would be either 0 dimensional or at best 1 dimensional a single point in time or possibly a single line.

Research that uses quantitative data (interval or ratio) would be either 0, 1 or at best 2 dimensional one plane of information at a single point in time or space.

This model is four dimensional and, as far as I know, there are no statistical tests that utilise *imaginary or complex numbers* even if we could assign them to constructs.

The Fractal Nature of the model - like chaotic systems in other fields the pattern is seen at all magnifications. The following can be demonstrated: All parts of the model are contained within all the other parts.



Realm I (stages 1-8) Self Mastery versus Self Destruction

Realm II (stages 9 - 25) Life Mastery versus Life Destruction

Realm III (stages 26 to 63) Universal Mastery versus Universal Destruction

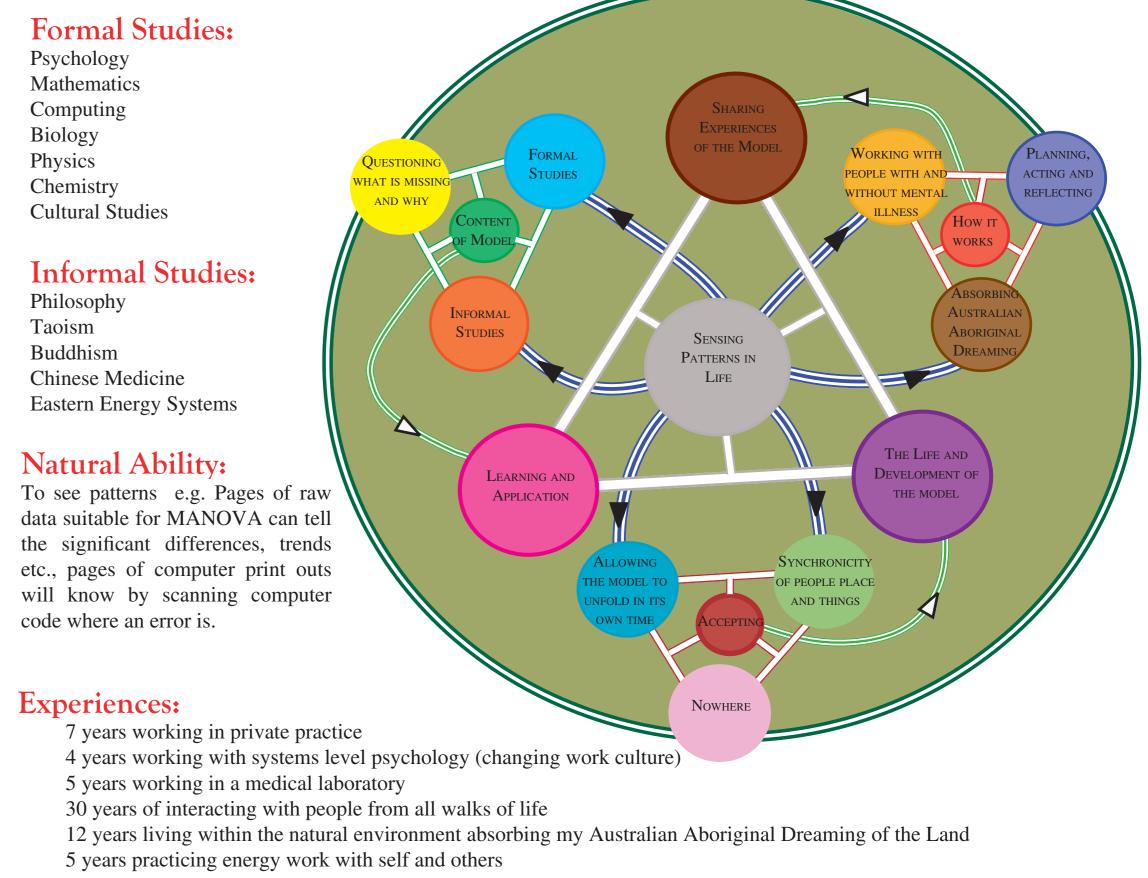
Yes! (stage 63, 64, 0) is Creation versus Destruction.

Then the cycle is repeated again.

How the Triple World Triple Realm model of life

was developed.

The development of the model had a life of it's own and followed a chaotic non-linear process that has taken an entire lifetime (40+ years) to get to this time and space. It started in the centre with me being able to sense an underlying pattern to life or did it?? Parts happened simultaneously and sometimes it seemed to be going nowhere!!



Conclusions

The triple world triple realm model of life is an initial attempt to discover a unified, complete and integrated model. This model answers the questions above, however, there may be other questions that can not be answered by the model and these need to be explored.

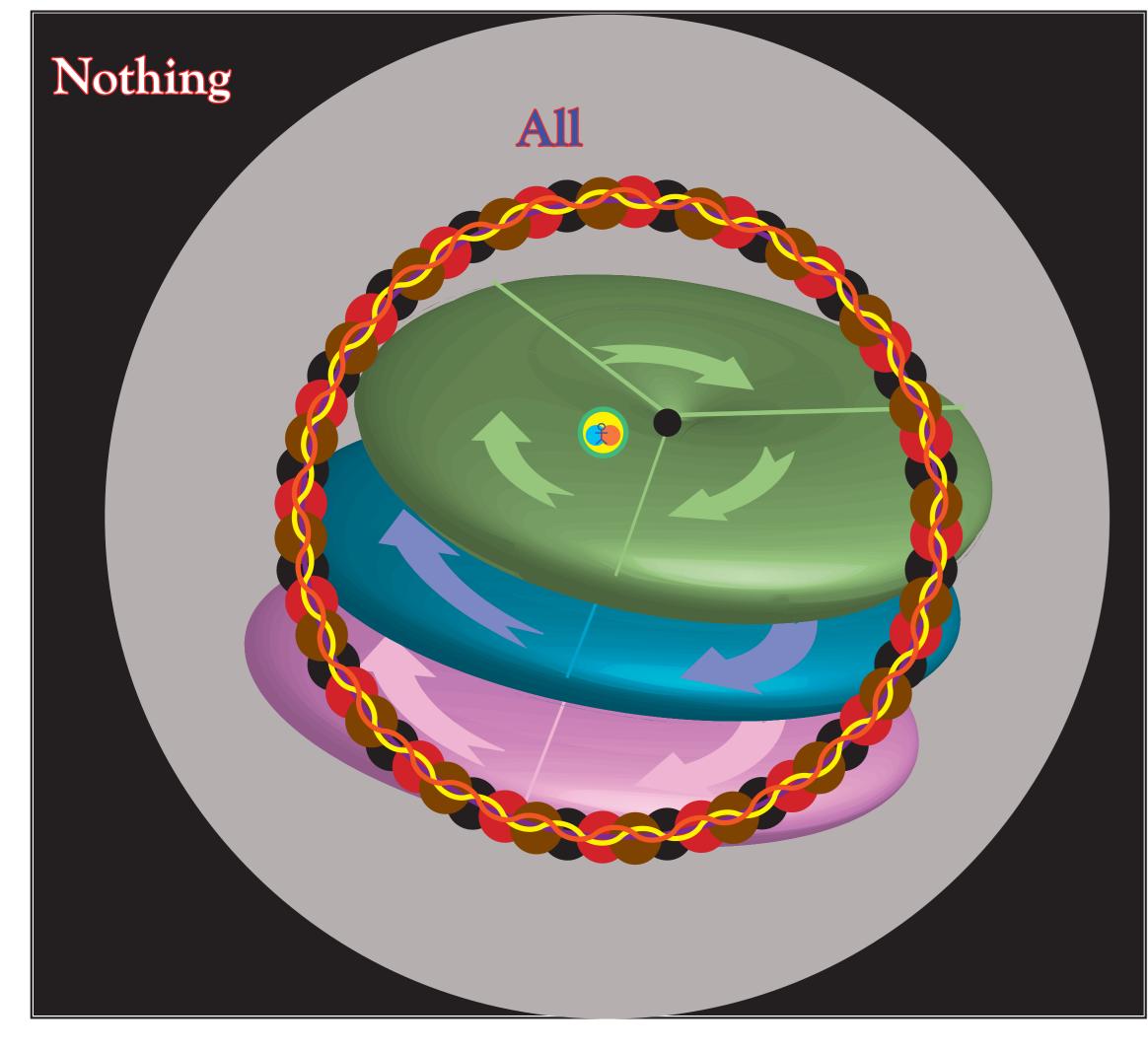
The answers from the model to the questions in the introduction. The poster does not explain all answers.

Is there a unifying complete and integrated model that explains life? Yes, this is an attempt, we need to believe in the possibility to be able to look for it. With a background in physics and chemistry this was automatic.

Could chaos be applied to the human mind? Yes, it would seem that if natural phenomena are complex systems the human mind is a complex system which would benefit from being studied from a chaotic model.

How do you explain the divide by research based psychologists and applied psychology in clinical, educational, organizational etc. Research based psychology is measuring things within realm I, the statistics that underlay research only use real numbers, to

The Triple World Triple Realm Model of Life - Realm II placement. A person needs to be connected to their inner and outer world living within their own wisdom. The energy and substance combines within them to give them their life force and they cycle between the here, there and nowhere.



TZU LAO, TAO TE CHING. TRANSLATED DALE, RA (2002), WATKINS PUBLISHING LONDON KAIGUO, C AND SHUNCHAO, OPENING THE DRAGON GATE TRANSLATED CLEARY, T (1996) TUTTLE, BOSTON

www.wisdominyourlife.com.au

GRIBBIN, J (2005), DEEP SIMPLICITY PENGUIN LONDON URONE, P (2001), COLLEGE PHYSICS 2ND EDITION. URBONE CALIFORNIA CHATWIN, B (1998), SONGLINES RANDOM HOUSE GREAT BRITAIN STEWART, J (2003) CALCULUS 5TH ED THOMPSON CALIFORNIA SILBERBERG (2006), CHEMISTRY 4TH EDITION MC GRAW HILL BOSTON.

Table 1. The complexity of the triple world triple realm model of life



info@wisdominyourlife.com.au

measure life we need statistics that use imaginary and complex numbers.

Why is there such a movement towards so called Eastern philosophies? The human being naturally strives towards completeness and the Western view of life is limited and disregards much of life. What is missing in the Western cultures? A sense of realm II, that gives us purpose and meaning to our lives.

How does mental illness develop and can it be prevented? Mental illness occurs when, for whatever reason, people end up disconnected from their inner world, that is in the wrong place, e.g.. in the Yes!, nowhere, there, the above or the below. Is there a path back from severe mental illness? According to this model there is a path back, however, people may still want to leave their everyday reality, the doors need to remain open. What role, if any, does medication play in mental illness? Medication lessens the symptoms so that the education can take place. What is the mechanism to explain 'flashbacks' in severe trauma? This is within realm III they flip into the there and it is actually happening to them in the now. How does dissociation occur? DID develops, initially with the separation of the Substance and the energy, and then the subparts. Doors are closed and locked to keep the person safe.

How does autism develop and why is the rate of autism increasing? Autism develops by the person being lost in nowhere within Realm III. It is increasing to balance the entire model as less people are developing their mind to take in the nowhere.

Is there a continuum from severe mental illness through to a fully developed mind? Yes. If so could we train people to fully develop their mind? Yes

Even people with mental illness? Yes

How are all the parts of life connected? In the way shown in the model, everything affects everything else. Small changes within individuals affect the group and the outer world etc.

How can psychology play a greater role in life? Psychology is one field that has. at times. included all that is included within this model. Working towards mind expansion is a useful pathway for humans. Do humans affect the environment? Yes in theory. If so how? Humans effect the outer world and hence the environment, when we believe that we are better than animals, insects and the like, we are simply different and all live in a symbiotic relationship.

Where to from here?

Publication of the evidence underlying the triple world triple realm model of life - subject of my PhD.

Publication of a series of books to guide people on their way to mind development.

Sharing of the knowledge to people who would benefit from knowing the triple world triple realm model of life.

Freedom, stillness, peace and happiness is available for everyone.

Take a moment now and forget what you have read. Take a moment now and forget what you have said, Breathe in the atmosphere and allow your mind to be still Breathe in the space in between this moment and that moment, Forget all that you think you know Forget all that you have been told AND

Remember who you are and why you are here, Remember that you are here and that within you is all that you need, You are everything and nothing, like the universe You are part of me and we breathe as one Connect with the simplicity and integrity of life Connect with the needs of your own mind, body and soul Sense your love and concern for your Self and others Sense the natural laws of the universe and you will begin your journey to Freedom, stillness, peace and happiness the path to the great integrity.

by Roslyn Snyder.